



# JaxAir News

A CHINFO AWARD-WINNING NEWSPAPER

## TOUCHING BASE

### Central Appointments expands hours

Naval Hospital Jacksonville's Central Appointment Line is now available between 6 a.m. and 8 p.m. Monday through Friday. On weekends and holidays the hours of operation are 7 a.m. to 3:30 p.m. The line is closed Thanksgiving, Christmas and New Year's Day. The additional hour of morning service was added in order to better serve Naval Hospital Jacksonville's valued beneficiaries. The Central Appointment line number is (904) 542-4677.

### NCLC has new hours

The Navy College Learning Center has new hours. They are:  
**Mon. - Thurs.**  
**8 a.m. - 6 p.m.**  
**Fri., Sat., Sun.**  
**Closed**  
For more information, call 542-3676.

### Fund-raisers support CFC

Several commands are participating in fund-raisers for the Combined Federal Campaign (CFC):  
Tomorrow - AIMD is sponsoring a carwash at the washrack on the corner of Mustin Road and Birmingham Avenue.  
Nov. 14 - Gas and glass at the gas station.  
Nov. 15 - Naval Hospital Jacksonville is sponsoring a golf tournament. Call HM1 Ivy at 542-3500 Ext. 8706 for more details.  
If you haven't had the chance to donate to the annual CFC drive, here's your chance!

### Transfer College Fair coming up

From the Navy College Office

Florida Community College at Jacksonville (FCCJ) is sponsoring a Transfer College Fair today from 1-6 p.m. at the Nathan H. Wilson Center for the Arts FCCJ South Campus, 11901 Beach Boulevard.

The fair will connect students with representatives from the following colleges and universities: Embry Riddle Aeronautical University, Florida International University, Florida Gulf Coast University, University of Central Florida, Nova Southeastern University, University of South Florida, Florida Atlantic University, University of West Florida, Florida State University, Florida A&M University, New College of Florida, Jacksonville University, University of Florida, University of Phoenix, University of Florida and Stetson University.

For more information, call 646-2300.

## NAS Jax Fire Department earns 2002 Life Safety Achievement Award



By JO2(SCW) Eric Clay  
Assistant Editor

The NAS Jax Fire Department was recently recognized for its 2002 safety program. The Residential Fire Safety Institute (RFSI) awarded the base Fire Department with the Life Safety Achievement Award for zero deaths from fire related incidents in the year 2002.

"Our Fire Prevention Bureau's main focus is educating the base population on fire safety in the home and at the workplace," said Chief Fire Inspector Charles McCoy.

According to McCoy, a good fire prevention program is the backbone in any fire department in order to save lives and protect property.

The NAS Fire Department has received the RFSI award for the past eight years. "I am proud to be a part of this outstanding fire prevention team, and the hard work that they perform on a daily basis teaching the residents and workers of NAS Jacksonville the value of proper fire prevention," said McCoy.

For 10 years, the RFSI Life Safety Achievement Award has recognized the local fire prevention activities that contributed to reducing the number of lives lost in residential fires. According to RFSI, the NAS Jacksonville Fire Department qualified for this award in 2002 because it recorded zero fire deaths in structures during that year. Although residential fires in the U.S. account for only 20 percent of all fires, they result in 80 percent of all fire deaths. The RFSI is committed to reducing that number. A total of 1,098 fire departments in the U.S.,

Fire Protection Inspector Capt. Robert Winchester, shows Rodger Fierst, the proper pressure for a sprinkler system.

Photo by JO2(SCW) Eric Clay

## Red Ribbon Week: Substance abuse kills

By IC2(SW) Melissa Ljungquist  
Naval Hospital Jacksonville Public Affairs

The Naval Hospital Jacksonville Wellness Center held a "Substance Abuse Awareness Fair" in the hospital's clinic area on Oct. 27, and at several other locations aboard the base through out the week in observance of National Red Ribbon Week (Oct. 23-31). The purpose of the Red Ribbon Campaign is to present a unified and visible commitment toward the creation of a "Drug-Free America."

"Education and prevention will save life," was the message conveyed to Sailors, DoD employees, retirees and family members through the Substance Abuse Awareness Fair. Particular emphasis was placed on

curbing abuse of alcohol through binge drinking and the use of illicit drugs such as Ecstasy.

While Red Ribbon Week focuses mainly on the use of illegal drugs, the Wellness Center also took advantage of the opportunity to provide information on the dangers of smoking.

Why is it important for Sailors, military family members, and retirees to be educated about the dangers of tobacco use?

"Tobacco is the number one cause of premature death in the United States," said Danny Woodard, tobacco program manager at the Wellness Center. He explained, "It kills 1,000 people a day and 403,000 people a year. It also affects stamina, endurance and your ability to do your job," he added.

See SUBSTANCE FAIR, Page 12



Photo by Miriam S. Gallet

SM3(SW) Stephen Degregorio of AIMD and AWC(AW) Peter Meir, listen to Naval Hospital Jacksonville Wellness Center Certified Health Promotion Specialist and Certified Addiction Counselor Danny Woodard, explain the new line of products available to those wishing to stop smoking or using tobacco products. Woodward spent four days last week zigzagging through various locations aboard the base in an attempt to educate smokers or tobacco users on the benefits of enrolling in the Wellness Center Tobacco Cessation Program.

## Children on parade for Halloween



Photo by Miriam S. Gallet

Children from the NAS Jax Child Development Center (CDC), escorted by childcare providers, enjoy a morning of "trick-or-treating" at various locations around the CDC on Halloween. Staff members from the Fleet and Family Service Center, Morale, Welfare and Recreation Department, U.S. Post Office, NEX and NAS Jax Commissary greeted the children with buckets full of candy. For more pictures, see Page 9.



# Supporting the mission

## NAS Jax Strategic Business Plan update

By Tim Sheppard  
NAS Jax Business Manager

On the first Thursday of each month, we post a short story of NAS Jax goings-on. Last month we discussed Goal 1 of the NAS Jacksonville Strategic Business Plan led by NAS Jax Executive Officer Capt. Charles King.

Today, we'll discuss Goal 2 – Ensure the utilization of all resources are directed towards the accomplishment of our mission and the professional development of our workforce, led by this author.

This goal is all about alignment. We want to be sure that every employee at NAS understands their role in accomplishing our strategic plan goals and vision. We are doing this by revising the organizational structure to reflect our changing environment and focus all efforts on the mission and vision. Additionally, all position descriptions are being reviewed for accuracy and updating, where required. Every individual is to have a work objective in his or her performance plan to reflect some contribution to the command's strategic plan.

Supervisors have an additional objective to communicate the command's strategic plan to all employees. And perhaps most important, we are committed to the professional development of all employees.

Individual development plans (IDP) are accomplished for each individual to consider their long-term and short-term goals, department competencies requirements, and to look for those courses that can help them develop professionally. In these financially austere times, the station may not be able to fund all training requirements. With the use of IDPs, we can look for courses where there is a broad interest and centrally fund them, and it can help individuals prioritize what is most important to them.

That describes our "vertical alignment – people to strategy." Next, we are working our "horizontal alignment," or the processes to customers

link. Capt. Mark Boensel, NAS Jax commanding officer, recently stood up a process improvement committee of senior leaders, who are chartered, to look at our processes, define the mission critical processes and look for improvements in effectiveness, service, and efficiencies.

Additionally, the committee is looking for duplicate or non-essential processes to redirect those resources to where they can be better utilized. We have trained a cadre of experts in business process, engineering and work simplification, and have begun charting a few teams to delve into some of these areas.

These teams are fully supported by the base commander, and are tasked with gathering and assessing process related data and evaluating each selected process with the goal of improving the efficiency, effectiveness, and quality of service for our customers.

We expect their contributions to provide significant improvement on current and future operations.

## ON THE HOMEFRONT

### Delirium: A serious threat to your moving experience

By Sarah Smiley  
Special Contributor

This fall, my husband and I relocated from Jacksonville (affectionately known as "Jax"), to Pensacola. We lived in Jacksonville for three years, and leaving was torture.

Lucky for me though, this past weekend I realized that one my best friends from Jax, Kristi, works at the local supermarket. I saw her there on Saturday.

On Tuesday I saw Sally's red Acura driving up Highway 90, and I'm pretty sure I saw Darcy eating at a deli downtown on Friday. My old neighbors, Tom and Michelle, live up the road – I see them walking their dog each night – and sure enough, the same policeman who gave me parking tickets in Jax apparently relocated to Pensacola as well.

Did all these people really follow me to Pensacola, you're wondering.

Of course not; don't be silly!

I'm merely suffering from a condition I like to call "Transitional Delirium." It's an annoying affliction especially prevalent in the military, where families move often. Some common

symptoms include: wandering aimlessly through discount stores and forgetting where you parked your car; beginning every sentence with, "Well, back in \_\_\_\_\_ [insert the name of your previous home]"; thinking everything reminds you of people and places you used to know; and having frequent false-sightings of your old friends.

I'm pretty sure this delirium is the brain's way of easing the transition from one place to the next. Because your old friends and favorite places are so familiar and comfortable, your subconscious tries to find similarities between them and your new surroundings.

If you're not careful, you might even begin to think that your new friend who looks just like your old neighbor actually is the old neighbor! Calling people the wrong name is a common side effect of Transitional Delirium.

Humans suffering from this disorder are also known to call restaurants, shopping malls and streets by the wrong name.

These people, by the way, should not be allowed in any discount store such as Target or Wal-Mart. Is it

just me, or do all these stores, no matter what city you're in, look eerily the same?

Stick me in the middle of any Target in any town, and I'd have no idea what part of the country I'm in. They must use a master blueprint for all the stores, and this creates a lot of disorientation for the delirium-afflicted individual.

You know what I'm talking about – you walk out of the store and say, "Whoa! For a minute there I thought I was at the Wal-Mart on San Jose Boulevard in Jacksonville! So where'd I park my car anyway?"

Besides name-confusion and aimless wandering, however, it is relatively easy to spot those suffering from Transitional Delirium. They can frequently be found at parties saying things like, "Where we used to live..." and comparing everything from the condition of the roads to the price of gas between their old home and the new.

Acquaintances of these people usually get the feeling that the afflicted would rather be back in their old home, with their old friends. And sometimes this is true, but more often it just takes time for the

delirium to run its course and for the person to begin enjoying their new surroundings.

If you find, however, that you have been living in a new place for more than six months, and you're still referring to the barbeque joint down the street as, "that place up the road that can't compare to the restaurant we used to go to," then you may have progressed to a serious condition known as "homesickness."

This can be even more debilitating than the delirium, and left untreated, homesickness can threaten any hope you might have of adjusting to your new residence. Immediate professional attention is recommended.

If you think you or someone you love might be suffering from Transitional Delirium and/or homesickness, I urge you to find support. And I know the name of a great doctor who can help.

Oh, but wait – He's, um, back in Jax. You know, where I used to live.

**You may send comments or a respond to Sarah at <http://sarah.smiley.homestead.com>.**

## HEY, MONEYMAN!

### Hey, MoneyMan!

Why is my car insurance so expensive? I have never had a wreck or filed a claim, but my insurance is more than almost anyone else I know. Where can I find good, inexpensive insurance?

### MoneyMan Sez:

You got it! Car insurance is expensive, so don't own more cars than you need. According to Consumer

Reports there are a number of things you can do to lower your rate.

If you have a good driving record and a good credit score, ask your insurance company for a premium or "top-tier" rate on your insurance. Shop prices with other insurance companies.

Think about your deductible. What is your deductible? How much are

you willing to pay out of your pocket before you will file a claim? These two numbers should match.

For example if your deductible is \$250 but you would not file a claim with your insurance company for anything less than \$1,000 (because you know the rates will go up), you should raise your deductible.

A \$1,000 deductible could reduce your rate by as much as 40 percent. Is your car paid for? Do you need collision and comprehensive coverage? Bottom line: buy what you need, shop around for prices, and keep your driving record clean!

**More questions? Call Hey, MoneyMan! at 778-0353.**



## Sunday Services

You are invited to the following Base Chapel Worship Services this Saturday and Sunday:

**Saturday - 5 p.m. - Catholic Mass**

**Sunday - 8:30 a.m. - Holy Eucharist Episcopal**

**9:30 a.m. - Catholic Mass**

**11 a.m. - Protestant Worship**

**6:30 p.m. - Contemporary Service**

**"The Leading Edge," Hangar 749 at the Base Chapel Center.**

**Children's Sunday Class - Protestant Sunday School**  
program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-12:15 p.m.



## Meet A Sailor...

AO3 BRIAN NICHOLS

**Job title/command:**  
AWSE/Weapons

**Hometown:** Ft. Lauderdale

**Family Life:** Married to Christine. We have a baby boy on the way and a dog names Cam.

**Past Duty Stations:** VS-31

**Career Plans:** To make rate.

**Most Interesting Experience:** Visiting most of the Mediterranean countries.

**Words of Wisdom:** Give a man a fish, feed him for a day. Teach a man how to fish, feed him for a lifetime.



## Meet A Civilian...

STAPHEN DINAPOLI

**Job title/command:**  
ISP Lead, NMCI

**Hometown:** Jacksonville

**Family Life:** Married with two children.

**Past Duty Stations:** NSB Kings Bay, Ga., NS Mayport.

**Career Plans:** To continue my career in the telecommunications field.

**Most Interesting Experience:** Snorkeling in Key West.

**Words of Wisdom:** Treat others as you would want to be treated.

## NAS Jax hosting JA Job Shadow Day

On Nov. 13, commands/departments will have an opportunity to participate in NAS Jacksonville Junior Achievement (JA) Navy Job Shadow Day.

Job Shadow Day gives kids a chance to explore various careers beyond what their parents may do for a living. Job shadowing also provides an opportunity for students in at-risk situations to be exposed to various career options they otherwise might not have the chance to explore.

Students will be bused from their schools by JA to NAS Jax on Navy Job Shadow Day for pick up by commands. Once at commands, they will "shadow" assigned mentors through a half-day on the job. At noon both mentors and students will attend a pizza party in their honor sponsored on base by JA.

Commands/departments are being asked to sponsor at least one student. Mentors are needed at all levels and in as many job areas as possible. Contact Dianne Parker at 542-2766, Ext. 130, to volunteer.

## Jax Air News

NAS Jacksonville Commanding Officer .....Capt. Mark S. Boensel  
Public Affairs Officer .....Charles P. "Pat" Dooling  
Deputy Public Affairs Officer .....Miriam A. Lareau  
U.S. Naval Air Station, Jacksonville Editorial Staff  
Editor .....Miriam S. Gallet  
Assistant Editor .....JO2(SCW) Eric Clay  
Staff Writer.....JO2 Mike England  
**Civilian Staff**

Manager .....Ellen S. Rykert  
Staff Writer .....Kaylee LaRocque  
Design/Layout .....George Atchley

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# Conway taking helm HS-5 holds change of command today

By Lt. j.g. Michael Margilius  
HS-5 PAO

HS-5 Executive Officer Cmdr. Robert Conway will take command of the squadron from Cmdr. William Gilligan today at 10 a.m. in HS-5's hangar.

Taking over as executive officer is Cmdr. Brett Calkins, who has rejoined the "Nightdippers" after his tour as deputy inspector general of the United States Special Operations Command in Tampa.

Capt. Kevin Lynch, the commodore of Helicopter Anti-Submarine Wing U.S. Atlantic, is the guest speaker.

Conway received his commission from the United States Naval Academy in 1985. He started flying the SH-3H with HS-15 and then moved on to the SH-60F/HH-60H with HS-15 before reporting to HS-5 as first XO and now CO.

He will be leading HS-5 out on USS George Washington (CVN-73) for their deployment early next year.

Gilligan's next tour is with NAVAIRSYSCOM at NAS Patuxent River, Md. to oversee test and evaluation of H-60 R/S helicopters in PMA-299.

Calkins is also a graduate of the United States



Cmdr. William Conway

Naval Academy, Class of 1986. Starting out with HS-11, Calkins flew the SH-3H, and then went on to Helicopter Training Squadron Eight in Milton, Fla.

Following a disassociated sea tour aboard USS Inchon (LPH-12), he joined the Nightdippers for the first time in October of 1998 as a department head. This year, Calkins arrived just in time to participate in HS-5's detachment to NAS Fallon, Nev. and TSTA I/II aboard USS George Washington.

HS-5 is comprised of 22 officers, and 180 enlisted personnel. The Nightdippers are currently nearing the end of their Inter-Deployment Readiness



Cmdr. William Gilligan

Cycle (IDRC), having just returned from TSTA I/II aboard USS George Washington in this cycle.

HS-5, along with Carrier Air Wing Seven, is rejoining the Nuclear Age after its role in Operation Enduring Freedom on board USS John F. Kennedy (CV-67), a conventional carrier.

The change of command marks the 43rd change of command for HS-5, which was established at NAS Key West, Fla. on Jan. 3, 1956.

Since then, HS-5 has resided at NAS Quonset Point, R.I., returning to Florida in 1971 where it is currently homeported at NAS Jacksonville.

## Just stopping in



Photo courtesy of VP-16

From left, Rear Adm. Mike Holmes, commander, Patrol Reconnaissance Group, visits with AVCM(AW) Dennis Green of VP-16 and Cmdr. Brent Sperry, VP-16 commanding officer, during his recent visit to the NAS Jax patrol squadrons.

## FFSC offers education and support programs

The NAS Jacksonville Fleet and Family Support Center (FFSC) Life Skills Education and Support Program is the foremost preventive measure for the avoidance of personal and family problems.

All FFSC workshops and classes are free and available to service members, their families and civilian personnel aboard the base.

Pre-registration is required. If special accommodations or handicapped access is required, please notify FFSC upon registration. For more information or to register, call 542-2766, Ext. 127.

The following workshops are available in November:

Nov. 10, 1-5 p.m. - Assertive Communication Training (Part II)

Nov. 12, 9 a.m. - noon - Coping With

Difficult People

Nov. 13, 9 a.m. - noon - Florida Family Law Information Seminar

Nov. 17-20, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (retiring)

Nov. 18, 8 a.m. - 4 p.m. - Couples Communication Workshop

Nov. 18, 2-4 p.m. - Market Yourself (for military spouses)

Nov. 19, 9-11 a.m. - What About The Kids?

Nov. 20, 1:30-3 p.m. - Volunteer Service Council

Nov. 20, 6:30-8:30 p.m. - Ombudsman Assembly Meeting

Nov. 24, noon - 4 p.m. - Divorce Adjustment Workshop

Nov. 25, 8 a.m. - 4 p.m. - Stress Management Workshop



# VS-30 bids fond farewell to Housand

From VS-30

The VS-30 "Diamondcutters" sent ADCS(AW/SW) Rodney Housand to shore for the last time Oct. 31, during his retirement ceremony.

Housand, who retired after almost 21 years of service, joined the Navy in January 1983. After attending basic training at Recruit Training Center Orlando, Fla., and Aviation Machinists Mate Class "A" school at NAS Cecil Field, he reported to his first duty assignment with the VA-174 "Hellrazors" at NAS Cecil Field. In June 1985, Housand transferred to the VA-66 "Waldos" where he continued to work on the A-7 Corsair until April 1987.

From there he attended P-3 FRAMP at NAS Jacksonville and continued to a follow on assignment with OMD NAS Keflavik, Iceland from July 1987 to July 1988. In August 1988, Housand transferred to NAVAIRTEST-CEN Patuxent River, Md. where he worked on Test & Evaluation FA-18 aircraft until August 1991. He then returned to NAS Cecil Field where he was assigned to several FA-18 squadrons including the VFA-136 "Knighthawks" from September 1991 to September 1995, the VFA-106 "Gladiators" from October 1995 to October 1998, and the VX-23 "Salty Dogs" in Patuxent River, Md. from November 1998 to May 2002.

Housand arrived at VS-30 in June 2002.

He is married to the former Tessie DiMaggio. They and their two children, Richard and Cassandra will continue to reside in Jacksonville.

# Stelzenmuller retires tomorrow after 20 years

By Staff

IT1 Guy Stelzenmuller of NAS Jax Executive Department retires tomorrow at 10 a.m. at the NAS Jax BOQ Pavilion after 20 years of naval service. A reception will follow immediately after the ceremony at the Manatee Room at the River Cove Officer's Club.

Stelzenmuller, a native of Long Island, N.Y., graduated from Islip High School in June 1981. After completing boot camp at Recruit Training Center San Diego, Calif. in 1983 he reported to Radioman "A" School also in San Diego.

From 1984-86, Stelzenmuller was stationed with Commander, Naval Forces Korea in Seoul, Korea. In 1986, he transferred to USS Horne (CG 30) in San Diego. Two years later after completing Antisubmarine Warfare Communications "C" School, he transferred to Antisubmarine Warfare Communication Detachment, Cubi Point, Philippines.

From 1990-94, Stelzenmuller was stationed on board USS Wabash (AOR 5) in Long Beach, Calif.

After graduating from Communications Technician Control School in 1994, he accepted orders to Naval Computer and Telecommunications Area Master Station Pacific in Wahiawa, Hawaii. Three years later, he headed back



to sea aboard USS Rodney M. Davis (FFG 60) in Yokosuka, Japan. In 1998, Stelzenmuller reported to USS Cushing (DD 985), also in Yokosuka.

A year later, he took orders to Naval Reserve Center in Nashville, Tenn. From there, Stelzenmuller headed back sea on board USNS Catawba (T-ATF 168) in Bahrain.

In 2001, he reported to NAS Jacksonville where he worked as the assistant to the command master chief.

"I will definitely miss being in the Navy, and traveling to all the different countries and ports," said Stelzenmuller.

Stelzenmuller plans to move to Sarasota, Fla. and enjoy his retirement.

# Essay contest open to students

From the FRA

The Fleet Reserve Association is asking all students in grades seven through 12 to enter its annual Americanism essay contest. The contest is open to students in public, private, parochial and home schools.

This year's essay theme is "What patriotism means to me." Local winners will receive a \$50 savings bond and those entries will be sent to compete at the regional and

national levels. The Grand National award is \$15,000.

The deadline for entries is Dec. 1. Entry forms are available by calling F.J. Petersen at 771-2936.

Entries should be mailed to: FRA Americanism Essay Contest, Fleet Reserve Association Branch 126, 7673 Blanding Boulevard, Jacksonville, FL 32244-5111.



YN2 Sonya Taylor of VS-24, reenlists aboard an HH-60H from HS-3.

# 'Tridents' assist 'Scouts' during reenlistment

By Lt. j.g. Jon Fay  
VS-24 PAO

On Oct. 24, the "Tridents" of HS-3 assisted the VS-24 "Scouts" in reenlisting one of their finest Sailors. In a memorable ceremony with the beautiful city of Jacksonville as a backdrop, HS-3 pilots Lt. Cmdr. Kenneth Nafrada and Lt. j.g. Tim Atherton, steadily hovered their HH-60H at 300-feet over the St. Johns River.

As the aircraft hovered, AW2 Patrick Habr assisted reenlistee YN2 Sonya Taylor and VS-24 Commanding Officer, Cmdr. Brad Robinson, from their seats and into gunner belts to safely perform the ceremony.

Taylor, a native of Greensboro, N.C., extended her naval commitment by

three more years. She joined the Navy in October 1997, following boot camp with YN "A" School in Meridian, Miss.

Her first duty station was Commander, Submarine Group Seven in Yokosuka, Japan. In July of 2000, she transferred to Naval Support Facility in Diego Garcia. She joined VS-24 in October 2001, later deploying with the Scouts and Carrier Air Wing Eight in support of Operation Iraqi Freedom.

Taylor, who is currently awaiting orders for an overseas tour, says she "feels privileged and honored to be a member of the United States Navy."

# VP-5 greets 'Black Cats' reunion tour group



Members of VP-23 "Black Cats" squadron and their spouses, gathered for a reunion at NAS Jax recently. The group toured several areas of the base including VP-5.

# Nationally ranked wrestler in VP-45

By Lt. j.g. Rick Foster  
VP-45 PAO

MS3 William Lasalle of VP-45 not only represents the Navy with pride through his regular duties, but also takes great pride in representing the Navy as a wrestler.

Lasalle, who has been wrestling for a few years, is already the third ranked wrestler in the country at 163 pounds. Presently, Lasalle is deployed, but eager to return to the wrestling mat and continue to bring pride to himself and the Navy with each win.

He is a former three-time state champion in Florida, winning the prestigious state title from 1998-2000 in the 152, 160 and 171-pound weight classes

respectively, while attending Ridgeview High School in Miami. He is also a two-time freestyle national champion, with tournament victories in 1999 and 2000.

This young Sailor faired well in almost every tournament he participated in this year. In February, he came within two points of winning the Louisiana Invitational Wrestling Tournament in New Orleans. As an unseeded participant, he narrowly lost to the top-seed in the finals, 8-6. In the California State Championships, he earned gold medals in both freestyle and Greco-Roman competition, and at the Amateur Athletic Union Grand Nationals, he won a pair of bronze medals. In the USA Nationals, he was a single match from placing

in the top eight.

Although Lasalle has been unable to wrestle since leaving for deployment, he continues his training and prepares for

his return to competition.

With his sights set on the 2004 Olympic Nationals, Lasalle says "I plan on representing the Navy in wrestling for quite a while."

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# The origins of Veterans Day

From the Internet

In 1921, an unknown World War I American soldier was buried in Arlington National Cemetery. This site, on a hillside overlooking the Potomac River and the city of Washington D.C., became the focal point of reverence for America's veterans.

Similar ceremonies occurred earlier in England and France, where an unknown soldier was buried in each nation's highest place of honor (in England, Westminster Abbey; in France, the Arc de Triomphe). These memorial gestures all took place on Nov. 11, giving universal recognition to the celebrated ending of World War I fighting at 11 a.m., Nov. 11, 1918 (the 11th hour of the 11th day of the 11th month). The day became known as "Armistice Day".

Armistice Day officially received its name in America in 1926 through a Congressional resolution. It became a national holiday 12 years later by similar Congressional action. If the idealistic hope had been realized that World War I was "the War to end all Wars," Nov. 11 might still be called Armistice Day. But only a few years after the holiday was proclaimed, war broke out in Europe. Sixteen and one-half million Americans took part. Four hundred seven thousand of them died in service, more than 292,000 in battle.

Realizing that peace was equally preserved by veterans of WW II and Korea, Congress was requested to make this day an occasion to honor those who have served America in all wars. In 1954 President Eisenhower signed a bill proclaiming November 11 as


Veterans Day.

On Memorial Day 1958, two more unidentified American war dead were brought from overseas and interred in the plaza beside the unknown soldier of World War I. One was killed in World War II, the other in the Korean War. In 1973, a law passed providing interment of an unknown American from the Vietnam War, but none was found for several years. In 1984, an unknown serviceman from that conflict was placed alongside the others. To honor these men, symbolic of all Americans who gave their lives in all wars, an Army honor guard, The 3d U.S. Infantry (The Old Guard), keeps day and night vigil.

A law passed in 1968 changed the national commemoration of Veterans Day to the fourth Monday in October. It soon became apparent, however, that Nov. 11 was a date of historic significance to many Americans. Therefore, in 1978 Congress returned the observance to its traditional date.

The focal point for official, national ceremonies for Veterans Day continues to be the memorial amphitheater built around the Tomb of the Unknowns. At 11 a.m. on November 11, a combined color guard representing all military services executes "Present Arms" at the tomb. The nation's tribute to its war dead is symbolized by the laying of a presidential wreath. The bugler plays "taps." The rest of the ceremony takes place in the amphitheater.

Every year the President of the United States urges all Americans to honor the commitment of our Veterans through appropriate public ceremonies.



STATE OF FLORIDA  
**Office of the Governor**  
THE CAPITOL  
TALLAHASSEE, FLORIDA 32399-0001  
www.flgov.com  
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October 22, 2003

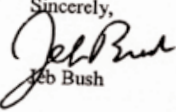
RE: Veteran's Day Message

Over the last two years there has been a great deal of speculation about how the events of September 11 changed and redefined our nation. In my personal opinion, we were not redefined, we were reminded of who we are. We are a nation of optimistic perseverance, a nation of strength and compassion, and a nation of heroes, including the men and women who wear the uniform of our military and serve our country so admirably here and abroad.


Veterans' Day gives us the opportunity to honor the service men and women who have sacrificed to defend the security and ideals of America. The day is especially important in Florida. The Sunshine State is home to almost two million military veterans, giving us one of the largest populations of veterans in the country. We are extremely proud of our vets and are grateful for their contributions to the character of our communities.


Florida's veterans have served in every major conflict, provided essential service to our homeland defense, and today serve as role models for a younger generation just learning the meaning of commitment, honor, and duty. As Governor of the great State of Florida, on behalf of millions of Floridians, I offer sincere thanks to the brave men and women who have served us so honorably.

Sincerely,

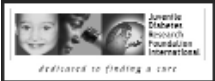


Jeb Bush

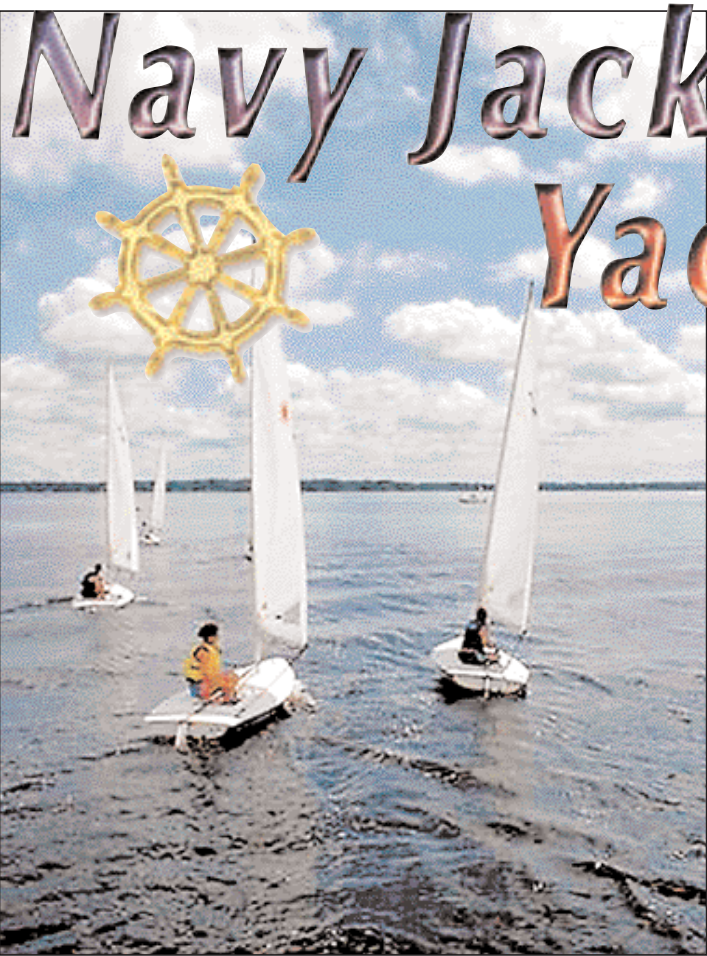




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Don't know how to sail? No problem; the Yacht Club can teach you.



Many Yacht Club members cruise along the St. Johns River on the weekends.

# Navy Jacksonville Yacht Club

## NJYC has lots to offer for reasonable fees

By JO2 Mike England  
Staff Writer

It's common for Sailors to overlook some of the benefits they can receive just for being on active duty. Many don't utilize the Morale, Welfare, and Recreation Department (MWR) facilities and some don't take advantage of their commissary and exchange privileges. However, there is one benefit many NAS Jax Sailors may not be aware of, the Navy Jax Yacht Club.

A group of NAS Jax Sailors founded the Navy Jacksonville Yacht Club on June 14, 1956. Back then, the club was primarily utilized for sailing instruction and recreation as well as local and inter-club races on the St. Johns River.

Since its inception, the Yacht Club has grown considerably. The club acquired a permanent clubhouse in the late seventies and has since made many renovations. Club members completed much of the construction themselves. "The club members have poured their hearts into this place," said AO1 Rick Zarembo, the Yacht Club's vice-commodore.

As the club has grown, so have many of its activities. The Armed Forces Day Regatta in May and the Navy Day Regatta in October are the two major races sponsored by the Yacht Club. They are open to all boats on the river. Additionally, a One Design Series, comprised of four separate regattas, is held annually and open to all one-design classes on the river. A one-design class boat is a boat built to conform to a specific set of hull plans and rigged to conform to some agreed upon conventions.

The Yacht Club also supplies race management for the Active Duty Sailing Intramural Program and participates in Read Cup competition. The Read Cup competition is team racing between the British Royal Navy and the U.S. Navy for the British-American Naval Trophy, which is awarded annually to the winning navy based on points accumulated

worldwide.

For those who have never sailed before, the club provides U.S. sailing certified instructors for basic sailing instruction, through MWR, to qualify military and eligible civilian personnel as Navy Skipper B and Navy Skipper B+ (basic cruising) sailors. Powerboat instruction is also available as are Cardio Pulmonary Resuscitation (CPR) and First Aid courses.

The Yacht Club represents the command in the civilian community through its membership in the First Coast Sailing Association, an organization of yacht clubs on the St. Johns River. The Yacht Club is also a branch member of the U. S. Naval Sailing Association; a member of the U. S. Sailing Association, the national governing body for the sport of sailing; and a member of the Florida Sailing Association.

The boats owned by club members include everything from ski boats to trawlers, from windsurfers to large cruising and racing yachts, and from dinghies to houseboats.

For many club members the Yacht Club isn't just a place to tie their boats up. It also serves as a second family. "There's a real sense of community here. Some of our members have been with us since the club was founded. We have socials, potlucks, and celebrate all of the holidays together. We want all of our members to be active and part of the family," Zarembo said.

Yacht Club membership is open to anyone with the credentials to get on base. Potential members must be 18 years old or older to join and pay a \$30 yearly membership fee. Entire families can join for only \$50 per year. For more information on the Navy Jacksonville Yacht Club, call 778-0805 or visit their Website at [www.njyc.org](http://www.njyc.org).

The fleet of boats owned by the members varies from ski boats to trawlers, from windsurfers to large cruising and racing yachts, and from dinghies to houseboats.



Photo by JO2 Mike England



# Navy Jacksonville Yacht Club



A Navy Jax Yacht Club membership gives you the opportunity to kick back at any of First Coast's many sailing clubs.

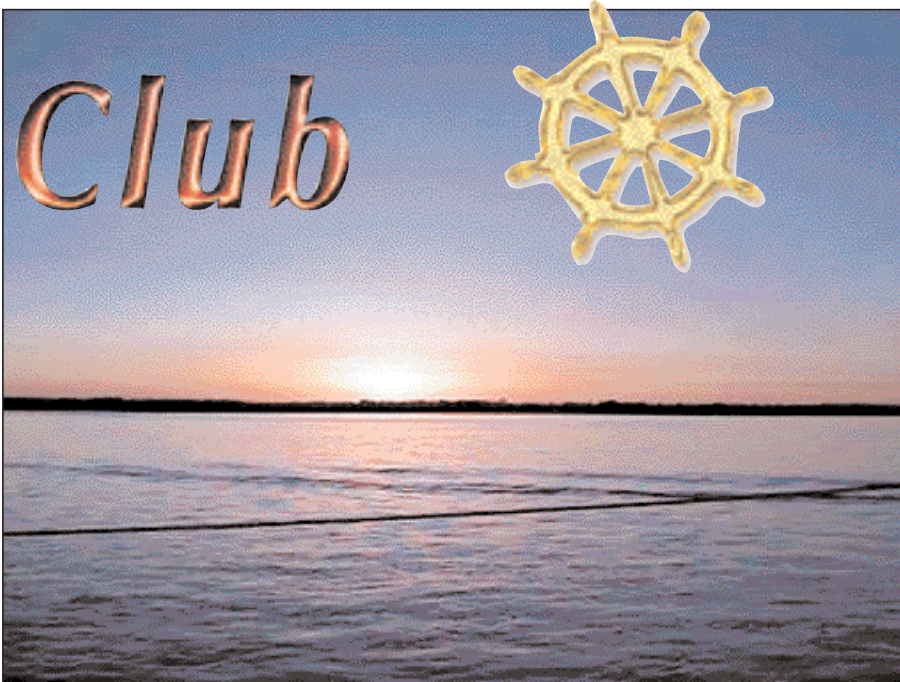
Photos courtesy of  
the Navy Jax Yacht Club



A Yacht Club member checks out the view from the top.



The Navy Jax Yacht Club hosts many regattas throughout the year.



Club members frequently see beautiful sunsets like this while out sailing.



Yacht Club Vice-Commodore AO1 Rick Zaremba ties his boat to the pier at the Navy Jax Yacht Club.

Photo by JO2 Mike England



Some club members prefer to anchor their boats out instead of tying them up to the pier.

Photo by JO2 Mike England



# USMC to celebrate 228th

From Gen. Michael Hagee  
Commandant, U.S. Marine Corps

This year we celebrate the 228th anniversary of the founding of our Corps. As always, it is an occasion for remembrance, proud traditions, and joyful camaraderie. The events of the past year have called for great sacrifices from many Marines and their families. While the Global War on Terrorism will continue to demand the best from each of us, it is important that we join with our fellow Marines, families and friends to celebrate our Corps' special culture and unique warrior ethos. This past year, Marines demonstrated once again that they are the most important entity on any



Gen. Michael Hagee  
Commandant, U.S. Marine Corps

battlefield. Lethal weapons and advanced technologies provide us unique advantages, but educated warriors ultimately determine victory in combat not

of every Marine being first and foremost a rifleman. Our special spirit is evident not only in battle; it is evident in the faithful performance of demanding

machines. During Operations Iraqi Freedom and Enduring Freedom, our small unit leaders' skills, adaptability and flexibility produced victory on uncertain and at times chaotic battlefields. We proved once again the power of integrated ground-air-logistics teams as well as the importance of every Marine being first and foremost a rifleman. Our special spirit is evident not only in battle; it is evident in the faithful performance of demanding

duties by countless Marines at home and abroad. Every Marine makes a vital contribution to the ability of our Corps to project and sustain credible combat power. Moreover, the willingness and readiness of all Marines to accept and accomplish any mission is central to our success and a hallmark of our warrior ethos. The culture that defines the Marine Corps is nurtured by our traditions. In celebrating our heritage, we strengthen the linkages to a glorious history and recommit ourselves to upholding the standards and values given to us by past generations. In commemorating our 228th anniversary, remain

true to the spirit of the occasion. Reflect on our fallen with deep respect, observe our traditions with justifiable pride, take care of one another, and of

course, celebrate those special bonds that exist among United States Marines. Happy Birthday Marines, Semper Fidelis, and keep attacking!

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**Military Family Appreciation**

**Carnival**

**November 15, 2003**

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**Location: Youth Activities**

**Fun for the whole family**

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**For more details call 778-9772**





# Green thumbs needed for NAS Jax Garden

By Kaylee LaRocque  
Staff Writer

There are currently two vacant plots at the NAS Jax Garden for active duty members, their families or retirees. The garden was established here in 1988 as a partnership between the base Morale, Welfare and Recreation (MWR) Department and Duval County Urban Garden Program. There are 15 plots specifically designated to create vegetable gardens for families stationed here and retirees within Duval County.

"I've had a plot of land here that I've been gardening on since 1992. When I started, the man overseeing the garden here decided to take over another area and asked me if I would become the coordinator for the NAS Jax Garden. I've been doing this for more than 10 years now," said Master Gardener Bob Williams, a Navy retiree and volunteer with the Duval County Urban Garden Program.

As coordinator of the garden, Williams issues plots to those who are interested in pursuing their green thumb. "Any kind of produce can be grown here depending on the season. The gardeners are responsible for providing their own seeds and the upkeep of their plot. We encourage gardeners to only grow what their families can use. Any extra produce or plants are put on a picnic table and are up for grabs.



Photos by Kaylee LaRocque  
Garland McLaurin ties up some cabbage plants at the community garden. McLaurin is currently helping keep up three different gardens – one for a sick friend, another for a service member who is currently deployed and his own plot, which is currently full of green leafy vegetables.

We don't waste anything we grow," added Williams, who spends nearly every day at the site during the growing season.

"This is the second time I've put in a garden here. I really love dealing with the Earth. I enjoy watching things grow and the taste of fresh organic vegetables. There's nothing better than picking something you've grown yourself and eating it," exclaimed Linwood Richardson, a retired



Linwood Richardson, checks out some of his mustard greens in his garden. Richardson is growing a variety of vegetables including carrots, beets, onions, rutabaga and lettuce.

Navy chief who became a master gardener last week after graduating from the University of Florida.

"We encourage people to come out and talk to us for advice, or to just see what we have here. We often grow an abundance of vegetables, so if someone would like to try them, just come out and

meet us. If we have something extra in our gardens, we will happily share with them," he added.

Each garden is 30 sq. feet in diameter. The garden is plowed each season and planting must be completed within 10 days. Water restrictions must be adhered to. "We are only allowed to water for two hours, twice a week. We pre-

fer to use the soaking method, instead of sprinkling because it saves more water," Williams explained.

Like most hobbies, gardening can be time-consuming. It is up to the individuals to keep up with their plot. For more information about available plots, call Williams at 398-7278.

## Ghouls, goblins, spooks and more!

Photos by  
Miriam S. Gallet



Elvis is alive and well at the post office. U.S. Postal Service Employee Dave Kissler, serenades the Child Development Center children, while Janet Pierotti, a postal employee, fills the children's bags with candy on Halloween.



Maribel Guzman (in black) and Michelle Elmore (in purple) of the NAS Jax Morale, Welfare and Recreation Department, greet the children from the NAS Jax Child Development Center on Halloween.



The NAS Jax Commissary employees happily greet the "Trick-or-Treaters" with lots of candy.



NAS Jax Child Development Center Childcare Providers Helen Merriwether (left) and Lorna Washington, enjoy Halloween dressed as a Hershey Kiss and a roaring jaguar.



Dressed as the "Wicked Queen" featured in the Sleeping Beauty story, NAS Jax Fleet and Family Support Center Receptionist Sharon Pullo, greets the Child Development Center children with a bucket full of candy.



# Fleet Hospital Jacksonville on duty in Djibouti

By Lt. Richard Schulz, NC, USNR and Sgt. Matthew Roberson, USAR

Forty-one Fleet Hospital Jacksonville doctors, nurses and hospital corpsman are currently serving in the African nation of Djibouti. They are deployed with a newly formed Expeditionary Medical Unit (EMU) in support of Combined Joint Task Force - Horn of Africa.

An advance team led by the commanding officer of Fleet Hospital Jacksonville, Capt. Bill Kinney, arrived at Camp Lemonier, near Djibouti City on Sept. 2. The main body of Naval Hospital personnel arrived Sept. 14.

Kinney said, "The purpose of the advance party was to do the groundwork at the proposed EMU site, make preparations to receive the main body and supplies and to establish positive working relations aboard the base."

This is the first time the Navy has deployed an Expeditionary Medical Unit. The new services provided by the EMU, Level II and III care, include expanded sick call hours, casualty receiving, an intensive care/medical-surgical unit, operating room, laboratory and radiology.

Army medics have been providing Level I basic medical care to coalition forces aboard Camp Lemonier since beginning operations in the region. Working in tandem with the Army, a Navy Emergency Medical Surgical Team (NEMST), comprised of Surgeons, Nurses and Corpsmen have been in place for the past year supplementing care at the local French Military Hospital for urgent surgery and contingency purposes in the event of a mass casualty.

However, with the ever-persistent growth of the camp, the need for a higher level of medical care was identified and Fleet Hospital Jacksonville answered this need with the EMU.

Five days after the arrival of the EMU's main body, the facility was ready to see patients. The entire staff of the EMU donated a lot of sweat in making this happen, as 88 pallets of material were staged for present use or inventoried for future capability.

"So far our mission has been an unqualified success. We are providing all base care and assumed the mission of the NEMST at the French Military Hospital by the end of our first week in country," Kinney said.

The original timeline in assuming base care, and that provided at Bouffard Hospital, was several weeks. However, with the rapid



Photos by Sgt. Matthew Roberson

HN Alexis Galloway, Emergency Medical Unit corpsman, writes down information to better assist the doctors when treating local villagers during the Medical Civil Action Program held here. More than 550 patients were treated over a two-day period.

response of the base to a variety of support issues, the new medical team was able to cut the transition time from weeks to days even as work progresses in bringing up the Laboratory, X-ray and Surgical Departments. The facility now has a wide array of bedside patient monitoring equipment and a six-bed intensive care unit.

"The support of everyone on the base has been very positive and the transition of care from the Army to the Navy could not have been smoother," Kinney said.

The EMU is also providing specialty consultation services in Orthopedics, General Surgery, Sports Medicine, Hand Surgery, and Internal Medicine. This significantly expands medical care to those who might not otherwise have access to these specialists, prevent needless MEDEVACs out of theatre, and directly translates to quicker recovery for injured or ill personnel.

The medical care provided by the Navy team will undergo several transitions in the next three to six months. The current site will transition from tents to a permanent facility to be named the Michaud Medical Clinic in honor of a fallen Marine. This facility, which is currently under construction, will be built in two phases to provide uninterrupted continuity of care.

In the event that current medical abilities are exceeded or more definitive care is required, the Air Force has a forward medical team to provide air medical evacuations.

According to Kinney, the medical presence aboard the base is



Photo by Sgt. Bradly Shaver

A Navy Emergency Medical Unit corpsman helps out with the initial screening of patients here during a Medical Civil Action Program.



A Navy Emergency Medical Unit (EMU) critical care nurse helps out with the initial screening of patients here during a Medical Civil Action Program. This was the first time members from the EMU were able to assist the Army's Civil Affairs Battalion since their arrival.

growing in very beneficial ways. "We want everyone to know whether for prevention or treatment of illness or injury, we'll be there. Force protection is our mission and we're pleased to bring enhanced care to coalition forces in the Horn of Africa."

While in country the Combined Task force including medical personnel from Fleet Hospital Jacksonville have reached out through the Medical Civil Action Program (MEDCAP) to provide humanitarian aid to the civilian population of Djibouti City, treating more than 550 patients over a two-day period.

Army Capt. James McGinnis, physician assistant with the Miami based 478th Civil Affairs

Battalion, which is also working with the EMU, said, "We've had a big shift in our Medical assets with the addition of the Navy's first Expeditionary Medical Unit. It was a good way for the new personnel to get their feet wet and introduced into operations in the Horn-of-Africa region."

Thirteen members of the Navy's EMU including two naval doctors, six officers that served as nurses to diagnose illnesses, and five enlisted personnel, assisted in the mission.

"It was very challenging but extremely gratifying," said Fleet Hospital Jacksonville's Cmdr. Sharron Miller, EMU emergency room physician. "Because of the cultural differences it was diffi-

cult to understand what the exact symptoms and complaints were. Many were chronic symptoms and were hard to treat, but with the immeasurable assistance of the interpreters we were able to give them outstanding care."

"I did have the 'warm, fuzzy feeling' at the end of the day," said Fleet Hospital Jacksonville's Lt. j.g. Lesa Roth, EMU medical/surgical nurse. "The simplest little things that we as Americans take for granted were tremendously appreciated by the Djiboutians, even children's Flintstone's Vitamins. To see the children smile with gratitude was unforgettable for me."

During the exercise, Navy Lt. Richard Schulz, EMU critical care nurse, said the naval team experienced a wide range of illnesses including breast cancer in the final stages, liver and skin diseases and ear infections.

Most of the ear infections and skin diseases the children suffered from were due to lack of food, malnutrition and poor living conditions, said Schulz. They were given basic medicines like antibiotics, Tylenol and vitamins they would otherwise never receive.

"These are a very poor people and they are receiving medicine and care they would normally never get," said Djiboutian Capt. Moad Mohamed Seif, host nation doctor. "A lot of these people have already been checked out by doctors but they can't afford the medicine that was prescribed to them. Since they have been getting free medication they seem very open and friendly toward the American people."

"I think the majority of the people we saw were very happy with the services they received," said McGinnis. "We made contact with the doctor who runs this hospital several weeks prior and arranged to see 200 people per day."

Four hundred tickets were given to the main doctor so they could be distributed out to the smaller clinics in the area.

"The smaller clinics know the patients in their community that need the most immediate care," said McGinnis. "By doing it this way, the people who needed the most care were able to receive it."

Many people showed up at the main gate of the hospital without tickets and because of sheer numbers they were unable to be seen. "What this tells us, is that we need to go back," said McGinnis.

"We have other projects nominated for this area so I think we'll end up back down here again," added McGinnis.

## Branch Medical Clinic, Hospital Dermatology screen for skin cancer

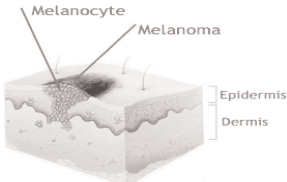
By IC2(SW) Melissa Ljongquist  
Naval Hospital Jacksonville Public Affairs

Branch Medical Clinic Jacksonville and Naval Hospital Jacksonville's Dermatology Department conducted a skin cancer screening for all active duty military on Oct. 29. Thirty-six patients took advantage of the screening.

Skin cancer is the most common type of cancer with one million new cases each year, according to a 2002 American Cancer Society report. There are three types of skin cancer including basal cell carcinoma, squamous carcinoma, and melanoma.

Basal cell carcinoma is usually non-life threatening. It is the most common type of skin cancer, with 80 percent of non-melanoma skin cancer falling into this category says the New England Journal of Medicine. Basal cell carcinoma is a slow growing cancer and rarely spreads to other parts of the body. If this form of cancer is left untreated it can invade nearby tissues and bones.

Squamous cell carcinoma is very similar to basal cell carcinoma in treatment, but it more often spreads to other parts of the body. It develops in higher levels of the epidermis often



on the ears, neck, lips, face and backs of hands.

Melanoma accounts for only four percent of skin cancer patients, but is responsible for 79 percent of deaths from the disease. It begins in the melanocytes, which are pigment producing skin cells.

There are several different causes of skin cancer, but the main one is overexposure to ultra-violet light. If a person had a lot of severe sunburns as a child, was exposed to the sun for extended amounts of time, or uses tanning beds or sun lamps regularly they are at higher risk. Other risk factors include light skin, prone to freckles, live near the equator, blonde or red hair, inability to tan, and a family history of skin cancer.

"Any suspicious lesions or lesions that have changed should be look at by your primary care provider or a

dermatologist," advises Lt. Cmdr. (Dr.) Juan Rosario. Rosario works in the Dermatology Department of Branch Medical Clinic Jacksonville, and organized the skin cancer screening. Rosario also advises his patients to avoid the noonday sun and to get a skin cancer screening every year especially if they have a history of skin cancer.

Symptoms of skin cancer vary but may include a change in skin, such as a growth, irritation, or a sore that doesn't heal. They can also include a change in the size and shape of a wart or mole. If the doctor suspects skin cancer they will do a biopsy. A pathologist will then look at the removed tissue under a microscope and determine if it is cancer.

There are many different treatment options, ranging from removal of the lesion to radiation therapy. Whatever the treatment it is best if done early, and is less likely to come back.

You can prevent skin cancer by staying out of direct sunlight between the hours of 10 a.m. and 4 p.m. You should always wear sun block rated at least SPF 15 when sunlight is unavoidable. You can also do regular self-exams and get any skin abnormalities checked out immediately.



Photo by IC2 (SW) Melissa Ljongquist

Lt. Cmdr. (Dr.) Juan Rosario, of Naval Hospital Jacksonville's Dermatology Department, checks a patient for any lesions that might indicate skin cancer at a recent Skin Cancer Screening at Branch Medical Clinic Jacksonville.







# FIRE DEPARTMENT: Fire safety program wins award

From Page 1

Puerto Rico, Italy and Iceland received the award. Italy and Iceland received the award.

"Experience tells us that fire prevention activity and public education can significantly reduce life and property loss from residential fires," said Director of the RFSI, Roy Marshall. "Prevention and education are very cost effective compared to the traditional approach of relying on fire suppression. The Life Safety Achievement Award recognizes fire departments for their fire prevention efforts and encourages them to continually improve those efforts."

The RFSI is a public interest group whose mission is to reduce residential

For more information about the NAS Jacksonville's fire prevention program, call Capt. Robert Winchester, fire prevention inspector at 542-2783.

fire deaths and injuries. The RFSI advocates the use of residential fire sprinklers; smoke alarms, carbon monoxide detectors, and teaching people fire-safe behaviors.

The RFSI assist fire departments with implementing residential sprinkler/smoke alarm programs on a local basis.



Photo by Miriam S. Gallet

Fire Protection Inspector, Capt. Robert Winchester (left) explains how to properly inspect a fire extinguisher to VS-22's HT2 Kevin Bell during a routine fire inspection.

# Volunteers help build homes

From the USO

Last Saturday morning, over 40 Sailors, spouses and relatives from NAS Jacksonville's NAMTRAU, AIMD, VP-30, VP-16 and VS-22 turned out in groves to work on four houses for Clay County Habitat for Humanity.

USO Jacksonville coordinated the teams of volunteers, along with Clay's Habitat for Humanity coordinator.

The weather was beautiful, the volunteers enthusiastic and the work was done efficiently. One house was just a slab on Saturday morning, but by mid-day it was framed and will be ready for a roof soon.

Another house was roofed, while another had new doors and baseboards installed. One home was being finished off and near ready for its owner to have

her first home.

Each jobsite has a Habitat supervisor who delegates jobs and workers, and helps each group. Several future Habitat homeowners also volunteered their time and labor as part of their agreement to put in some "sweat equity."

Through volunteer labor and donations of money and materials from local businesses and organiza-

tions, Habitat for Humanity builds and rehabilitates simple, decent houses with the help of the homeowner and partner families.

Habitat houses are then sold at no profit to the family, and financed with affordable no-interest loans. The homeowners monthly mortgage payments are then used to build more houses.



Photo by IC2(SW) Melissa Ljongquist

Charles Edsell, a Navy retiree, looks over the tobacco information provided at the Wellness Center's Substance Abuse Awareness Fair.

## SUBSTANCE FAIR: Wellness Center event helpful, informative

From Page 1

"Prevention works. Education is the key, the more people know about tobacco use and drug use hopefully they'll either not use them or they'll stop," added Woodard.

To learn more about

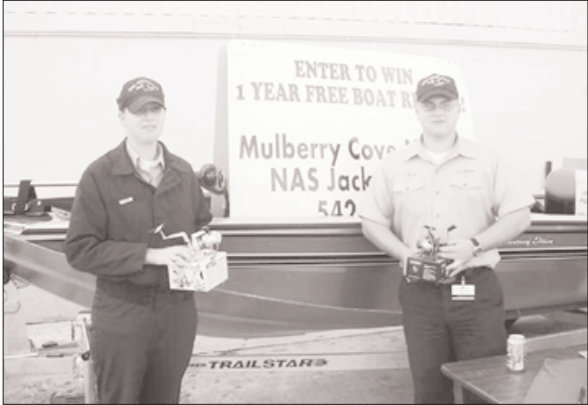
substance abuse or to sign up for cessation classes or counseling, call the Wellness Center at 542-5292 or access Wellness Center information on Naval Hospital Jacksonville's web page at <http://www.navalhospitaljax.com>.

Sailors from NAS Jax help build houses in Clay County as part of the Habitat for Humanity project.



Photo courtesy of the USO

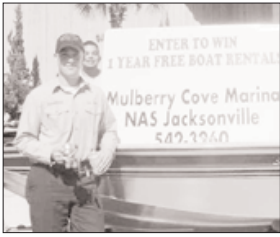
# More marina winners



Photos by Phil Collins  
ATAN Katie Bryan of AIMD, won the first-place prize, a \$105 Mitchell Alu 298 fishing reel, during another daily drawing sponsored by the Mulberry Cove Marina last Thursday. ATAN David Cobian of AIMD, won the second-place prize, a \$40 Spider Tarantula fishing reel.



Ruby Garcia and her family, display a \$60 fishing rod and reel Oct. 31 in front of I.T.T. that she won as part of the daily drawings sponsored by the Mulberry Cove Marina.



AN Derek Baumberger of VS-30, won the Mulberry Cove Marina Daily Drawing Oct. 29 at the NAS Jax Galley. He took home a \$105 Mitchell Alu 298 spinning reel.

# Save over \$17,000 in college tuition and fees

From the Navy College Office

The average yearly cost for tuition and fees is \$4,081 at a four-year public institution. That's \$16,324 for tuition and fees for a bachelor's degree. Southern Illinois University (SIU) can save you money and you can earn a bachelor's degree in half the time. SIU's Workforce Education and Development Program saves money in two ways. The first way to save tuition is the major coursework is usually finished in 12 months and only costs \$180 per credit hour. This is only \$6,480 for an entire year of school (equal to two years of college). You can save \$9,844 in tuition costs alone, since you don't have pay for four years of school tuition. The second way to achieve savings is through

credit transfer. One-third of your degree is awarded for four years of documented work and training experience. These 44 semester hours of credit are awarded free of charge – no tuition, no fees. If you had to pay for this, 44 semester hours as elective course work, this would cost you an additional \$7,920. These two methods equal \$17,764.00 in savings! The program is delivered in an accelerated, flexible, alternate weekend format designed for working adults. SIU accepts military tuition assistance (TA), VA educational benefits, as well as other financial aid programs. SIU is licensed by the State of Florida and accredited by the North Central Association of Colleges and Schools. Transfer credit is accepted from other accredited

colleges and universities, as well as, CLEP and DANTES test results. The program is open to active, reserve, and retired military along with their adult family members. Civil service employees and their adult family members are also welcome, as are prior service military personnel. There are no placement exams or entrance exams required. All you need is a high school diploma or a GED. Classes are on base at both NAS Jacksonville and Naval Station Mayport. Semesters start each January, May, and August, but you can enroll as early as you want for any semester. Classes start on Jan. 10, 2004. Call 542-5414 for more information.

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# MWR NOTES

## Escape the ordinary on an I.T.T. trip

Have some fun with I.T.T. - take a trip or treat yourself to a show! Stop by our office located adjacent to the NEX, and sign up for a great trip. Our trips are open to all hands, so bring a friend! For more information call the office at 542-3318. Jaguars tickets for all games are now on sale at I.T.T. Tickets are \$47.90 for lower level seats. You can also sign up to ride the I.T.T. shuttle to all the home games. If you sign up for all the games the price is \$6 per game. A ride to a single game is \$8. The following are upcoming I.T.T. trips:  
Nov. 29 - Orlando Shopping. Don't miss the after the Thanksgiving sales at the Millenia Mall and Premium outlet malls in Orlando for only \$15.  
Dec. 6 - Savannah Trip. The day includes a historical trolley ride, a walking tour with your I.T.T. escort, and free time for a little holiday shopping. The cost is \$29.  
The new Entertainment books are in for \$20. Get yours now and use your coupons for over one year.

## Fitness Source offers two new programs

Pregnancy Yoga is held every Tuesday from 11:15-12:00 a.m. The session lasts six weeks. Walk to Run is a nine-week program and meets every Tuesday and Thursday from 11:30 a.m. to 12:15 p.m. The program is designed for beginner and novice runners. Participants must sign up to participate in this program. For more information, call 542-3518.

## Bingo Palace

Get your favorite daubers, come and pick your lucky seat and let the games begin. The night Bingo schedule is Sunday, Monday, Tuesday and Thursday. Cards go on sale at 5:30 p.m. and warm-ups start at 6:30 p.m. Doors open for lunchtime Bingo at 10 a.m. and games start at 11:30 a.m.

## Swimming activities

The indoor pool is available for family recreation and lap swimming Monday through Friday evenings from 4:30- 8 p.m. and Saturdays and Sundays from noon – 4 p.m. Parents can work out with the Aqua Aerobics class from 5 – 6 p.m. on Monday, Wednesday, and Friday while the kids play. The Adult Fitness Swim Club is a coached program for novice to advanced swimmers wishing to improve their PRT time, swimming skills, and technique. The emphasis is on stroke mechanics. Interval training is introduced. Workouts are designed to improve technique and to develop both speed and endurance. Workouts are scheduled on Tuesdays and Thursdays from 4:30-5:30 p.m. at the indoor pool. The sessions are free for active duty and reservist personnel. Retired military, DoD and dependents will be charged \$20 for eight workout sessions.

## Veterinary Treatment Facility to hold November clinics

A Saturday clinic will be held Nov. 15 from 8 a.m. – noon. This is a walk-in vaccination clinic, no appointment is necessary. The NAS Jax VTF is located in Building 8 at the corner of Ranger Street and Enterprise Avenue. The clinic is open Monday through Friday from 8 a.m. – 4 p.m. It is closed on legal holidays. Pets are seen by appointment only. For more information and to make appointments, call 542-3786.

## Bowling specials

NAS Freedom Lanes is offering a Tuesday Bowling Special in November. Enjoy games for \$1.75 and shoe rental for only \$1.65. For a better deal you can bowl three games, plus shoe rental for just \$6.90 per person.

## Mulberry Cove Marina news

The Mulberry Cove Marina has many specials just in time for the upcoming holidays! Abu Garcia Ambassador Torno bait casting reel, \$107. Abu Garcia Eon 3600 bait casting reel, \$82. Abu Garcia Eon 5600 bait casting reel, \$82. Berkley Power Bait, buy one get one free. The marina has added new rental items to its outdoor recreation gear including: Turkey fryers and seafood cookers, 2004 Eureka four and six-man tents, headlamps, Escape Jazz paddleboats and Hobie pedal driven kayaks. The marina offers free kayak and canoe rentals for active duty Sailors on Thursdays. It's a great way to get acquainted with some of the equipment on hand and have some fun too. For more information on marina events, call 542-3260.

## Auto Skills Center

Visit the Auto Skills Center for your professional or hobby car care needs. The center offers an array of services for the novice or professional auto enthusiast. There is an ASE qualified mechanic on hand to assist with questions and tips on servicing your vehicle. The center is open Monday, Thursday and Friday from noon to 8 p.m., Saturday and Sunday from 9 a.m. to 5 p.m. and all holidays from 9 a.m. to 3 p.m. except Thanksgiving, Christmas and New Year's Day. The Auto Skills Center offers a shop orientation class on the third Thursday and Friday of each month. Reservations are required for the orientation. Call 542-3227 for information.

## O'Club happenings

An all hands Reef & Beef Buffet Dinner will be held the first Friday of each month from 6:30-9 p.m. at the O'Club. The buffet is only \$17 per person. Reservations are encouraged by calling 542-3041.

## Liberty happenings

Join us each Wednesday for a karaoke and dance party. The fun starts at 7 p.m. at the Budweiser Brew house with DJ Marc "E" Marc.

## Youth Activities Center happenings

Take advantage of the fun events at the Youth Activities Center. Tae Kwon Do classes are available at NAS Jax Youth Gym and Yellow Water Youth Activities. If you are interested in registering your child stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water).

## Recycling Center reminder

The Recycling Center welcomes everyone to drop off recyclables at the designated drop off area along Birmingham Avenue. The most common drop off items are corrugated cardboard, plastic (i.e., milk jugs, water bottles, plastic soda bottles, etc.), aluminum cans, and glass bottles. As a reminder though, the recycling center does not accept motor oil, anti-freeze or other automotive fluids. If you have any of these fluids, they are accepted at the MWR Auto Skills Center during normal hours of operation.

## Free movies offered

Enjoy free movies at the base theater each Friday evening starting at 7 p.m. and every other Saturday at 5 p.m. and 7 p.m. Bring your own popcorn, soda and snacks. Sit back and enjoy some of Hollywood's premier blockbuster hits. There are no alcoholic beverages allowed in the theater and persons under 17 are not permitted without adult supervision. Tomorrow, 7 p.m. - Bruce Almighty (PG13) Saturday, 5 p.m. - Piglets Big Movie (G) Saturday, 7 p.m. - Hulk, The PG13) Nov. 14, 7 p.m. - Terminator 3 (R)

Visit MWR online at [www.nasjax.navy.mil](http://www.nasjax.navy.mil) and look for the tab marked MWR this is your tab to unlimited fun. For questions or comments e-mail us at [mwrmtg@nasjax.navy.mil](mailto:mwrmtg@nasjax.navy.mil).

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# We Make Hope Count

Volunteers of America works to make a difference for children, families, veterans, the elderly, youth at risk, the homeless, and people with disabilities.

1.800.899.0089  
[voa.org](http://voa.org)  
a 501(c)(3) participant  
Provided as a public service.



# SPORTS & STANDINGS

## Racquetball tourney planned

A turkey shoot racquetball tournament will be held Nov. 18-20 at the base gym. The event is open to all gym patrons over the age of 18. The divisions will be: women's amateur and advanced. Sign up at the gym. For more information, call Craig at 542-2930/3239.

## Golf league starting

Anyone interested in participating in an upcoming 9-hole intramural golf league should stop by the base gym to pick up forms for rosters. For more information, call Craig at 542-2930/3239.

## Navy Southeast Regional Running and Triathlon Team

Represent the United States Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided as well as trans-

portation, entry fees, and lodging costs. Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time must be one of top 10 regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Southeast Regional qualifying times:		
5K -	Men 19:00	Women 24:00
10K -	Men 34:00	Women 46:00
Marathon -	Men 3 Hrs. 30 Min.	Women 4 Hrs.
Triathlon -	Men 2 Hrs. 30 Min.	Women 3 Hrs.
Triathlon time based on 1.5k swim, 10k run, 40k bike		

For more information about any of the sports articles, call 542-2930/3239.

## Intramural Softball Standings

As of Oct. 30		
Team	Wins	Losses
VP-30	10	0
VP-5	11	2
VS-30	10	1
NAMTRAU	10	2
Air Ops	10	4
VP-16 Red	9	4
VS-24	6	6
VP-62	5	7
HITRON 10	5	8
SERCC	2	9

VP-16 White	3	10
AIMD SE	3	10
VS-22	2	11
TPU	1	13

## Open Softball Standings

As of Oct. 30		
Team	Wins	Losses
F.O.B.'S	12	3
Beanie Boys	11	3
VP-16	7	7
NAMTRAU	7	8
Onsite Aviation	3	11
Jax Chiefs	3	11

# Holiday services

The NAS Jacksonville Chapel invites everyone to an Interfaith Thanksgiving Service Nov. 23 at 6:30 p.m. at the All Saint's Chapel.

A free turkey buffet will be offered following the service. For more information, call 542-3440.

# HELPING HANDS

## Volunteers needed

Volunteers are needed to help children in our local community by donating a few hours per month to supervise visits between children and the parents that they have been separated from due to divorce, negligence, or abuse. If you would like more information on helping, please call Anita Sullivan at 389-4244 or e-mail at anita@fnclflorida.org.

## Step on Shore

Help the Autism Association Saturday from 9 a.m. to noon to raise autism awareness. Assist with a walk and family fun festival. Help out with registration, hand out information, help with lunch, beach patrol and clean up. For more information, call Woodie Ryan at 399-4490.

## Pet Expo

Help out with the Pet Expo at the Jacksonville Fairgrounds Saturday. Volunteers are needed to assist at the agility course, to monitor contests and help with booths. This is a family event. Call Chris Whitney at 725-8766, Ext. 206.

TRINITY BAPTIST CHURCH; 3c; 5.75"; Black Only; P/U 10/16 R027421

# Carving up some pumpkins



Photo courtesy of Liberty

The Liberty Program held it's annual Pumpkin Carving Contest Oct. 29 at the Liberty Cove Recreation Center. Each participant was allowed to choose their own pumpkin and were also provided with all the equipment needed to carve their creations. ADAN Jeremy Rinkle of HS-3 won a \$25 gift certificate from the Navy Exchange for his efforts.

# COMMUNITY CALENDAR

The **Navy Wives Clubs of America, NWCA Jax No. 86** meets the first Wednesday of each month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information, call the Thrift Shop at 772-0242 or Pearl Aran at 777-8032.

The **Navy Wives Club's DID No. 300** meetings are held the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. For more information, call 387-4332 or 272-9489.

**Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE)** invites all retired and currently employed federal employees to their regular monthly meeting the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information, call 276-9415.

The **Navy Jacksonville Yacht Club** general member-

ship meetings are held at 7:30 p.m. on the first Wednesday of every month at the clubhouse (Building 1956) adjacent to the Mulberry Cove Marina. The Navy Jax Yacht Club is a members only club open to all active duty, reserve and retired military, and active DoD personnel. For more information, call 778-0805 or email commodore@njyc.org.

**Christian Fellowship Night** is held behind the Chapel in Building 749 from 6:30 – 9 p.m. every Tuesday night. For more information, call 542-3051.

**Association of Aviation Ordnancemen's** meeting is held the third Thursday of each month at the Fleet Reserve Center on Collins Road. For more information, call AOC Chris Johnson at 542-2168 or AOCS Erick Parmley at 542-8589.

The **Westside Jacksonville Chapter 1984, National Association of Retired Federal Employees** extends an open invitation to all currently employed and retired federal employees to our regular meet-

ing held at 1 p.m. on the fourth Thursday of each month at the Murray Hill United Methodist Church, (Fellowship Hall Building) at 4101 College Street. For more information, call R. Carroll at 786-7083.

The **National Naval Officers Association (NNOA)** holds its monthly meeting on the third Thursday each month at 5:30 p.m. at the Jacksonville Urban League, 903 West Union Street. Interested personnel are encouraged to attend or contact Lt. Herlena Washington at 696-5005 or email WashingtonHO@matcombic.usmc.mil.

The **Cecil Pines Adult Living Community** is holding an open house and antique car show Saturday from 10 a.m. to 2 p.m. at the Cecil Commerce Center. Admission is free. For more information, call Barbara at 771-8839.

The **Jacksonville Genealogical Society** will meet Nov. 15 at 1:30 p.m. at the Webb-Wesconnett Library, 6887 103rd Street. For more information, call Mary Chauncey at 781-9300.

farah; 3c; 10.5"; Other Color; -

BENJAMIN E MCCONNELL; 2c; 2"; Black Only;

ARMCO BUILDERS; 2c; 2"; Black Only;

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# In Gear

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A weekly look at the automotive market

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